How to get the best from Your Microwave Oven

Use and Care of Spacemaker® model JVM58

Features of your oven p5

How to use the AUTO ROAST feature p8

Cooking by time p10

How to use the COOK CODE™ feature p11

Cooking by temperature p12

Save time and money. Before you request service, use the Problem Solver p17

Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

EFFDATE 10-20-83

GENERAL ELECTRIC 49-4506

Help Us Help You. . .

Read this book carefully.
It is intended to help you operate and maintain your new Microwave Oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help. . .
Call, toll free:

The GE Answer Center™
800.626.2000
consumer information service

or write: (include your phone number);
Consumer Affairs
General Electric Company
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.
You'll find them on a label inside the oven on the upper left side.

These numbers are also on the Consumer Product Ownership Registration Card that came with your Microwave Oven. Before sending in this card, please write these numbers here:

Model No. _____

Serial No. _____

Use these numbers in any correspondence or service calls concerning your Microwave Oven.

Be sure your Microwave Oven is registered.
It is important that we, the manufacturer, know the location of your Microwave Oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven. . .
immediately contact the dealer (or builder) that sold you the Microwave Oven.

Save time and money.
Before you request service, check the Problem Solver on page 17. It lists minor causes of operating problems that you can correct yourself.

The electric output of this microwave oven is 600 Watts.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent),
(2) hinges and latches (broken or loosened),
(3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

This microwave oven is UL listed for installation over electric and gas ranges.

Optional Accessory
Available at extra-cost from your General Electric supplier.
JX80 Charcoal Filter Kit
Add for non-vented installation.

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Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving". Check your Cookbook for specific test to determine "microwave-safe" utensils.
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging. Check your Cookbook for specific instructions.
- Some foods such as unshelled eggs and hot dogs must be pierced to allow steam to escape during cooking.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 18.
- For best operation, plug this appliance into it own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- See door cleaning instructions on page 14.
- To reduce the risk of fire in the oven cavity:

—Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bag in oven.

—Do not use your microwave oven to dry newspapers.

—Paper towels and napkins, wax paper. Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the oven.

—If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS
(continued)

- **Don't defrost frozen beverages** in narrow necked bottles; especially carbonated ones. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

- **Use metal only as directed in Cookbook.** Metal strips as used on meat roasts are helpful when used as shown in Cookbook.

TV dinners may be cooked in metal trays. However, when using metal in microwave oven, **keep metal at least 1-inch away from sides of oven.**

- **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.

- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

- **Do not use any thermometer** in food you are microwaving unless that thermometer is designed or recommended for use in the microwave oven.

- **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, and damage oven walls.

- **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only "and use them" in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

- **Boiling eggs (in and out of shell) is not recommended** for microwave cooking. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

- **Foods with unbroken outer "skin"** such as potatoes, hot dogs or sausages, tomatoes, apples, chicken livers and other giblets, and eggs (see above) should be pierced to allow steam to escape during cooking.

- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

THE HOOD:

- **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

- **The vent fan in your Spacemaker® oven will operate automatically under certain conditions (see Automatic Fan Feature, page 7). While the fan is operating caution is required to prevent the starting and spreading of accidental cooking fires while the vent fan is in use. For this reason:**

—Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if vent fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat settings only when necessary.

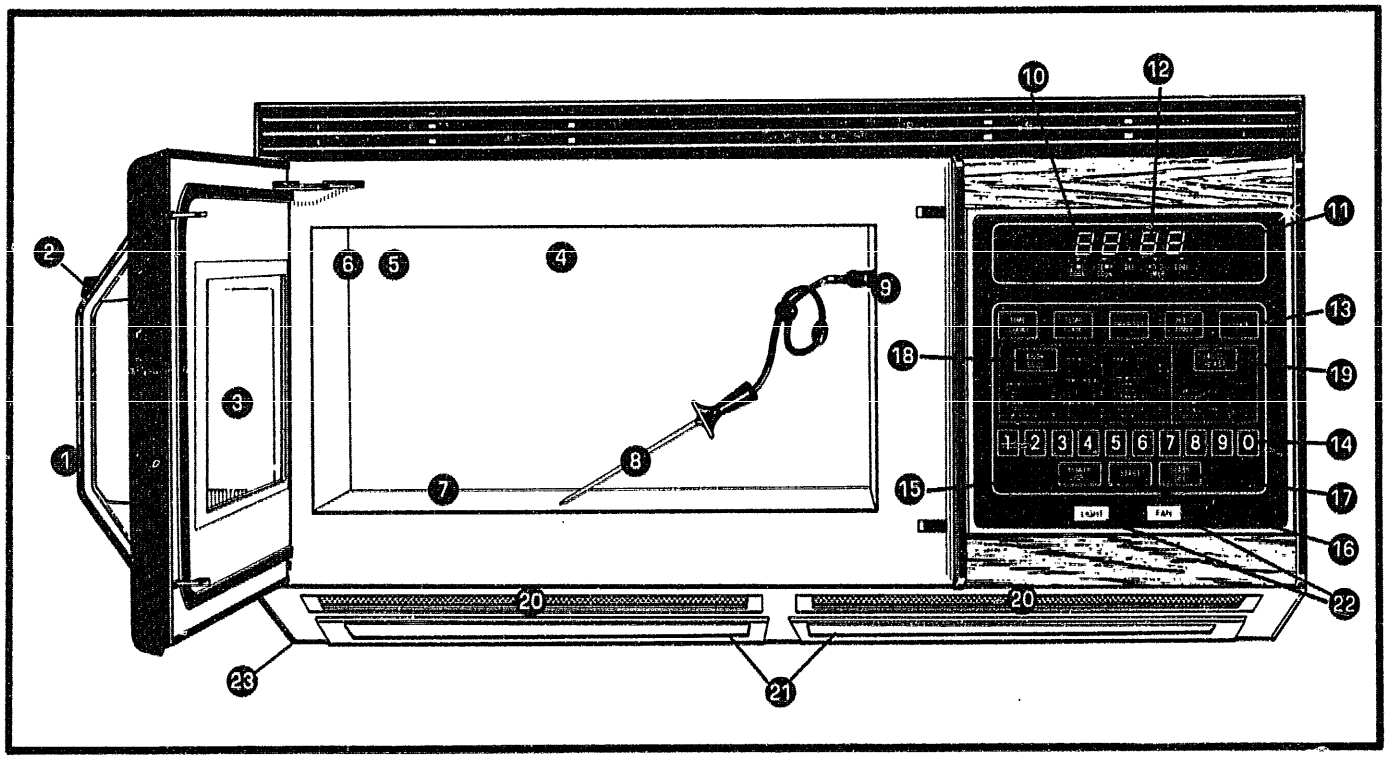
—In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

—Never flame foods under the oven with the vent fan operating because it may spread the flames.

—Keep hood and grease filters clean, according to instructions on pages 15 and 16, to maintain good venting and avoid grease fires.

SAVE THESE INSTRUCTIONS

Introduction to Your Oven



1. **Door Handle.** Oven doesn't operate unless door is securely latched.
2. **Door Latch.** Push in to open door.
3. **Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
4. **Plastic Mode Stirrer Cover.** Protects the mode stirrer which distributes microwave energy into the oven.
5. **Oven Vent.**
6. **Oven Light.** Goes on when door is opened or when oven is operating in any function.
7. **Oven Shelf.**
8. **MicroThermometer™ Temperature Probe.** Use with Temperature Cook and Auto Roast function only.
9. **Receptacle for Temperature Probe.**
10. **Readout Display.** During microwaving, shows cooking times in minutes and seconds, temperature in degrees, and power level or code. When oven is not in use, display shows time of day.
11. **Cooking Signal Lights.** Light to show which kind of cooking you're setting or using.
12. **Clock.** Oven will work without setting the clock, but will not display time of day. (To set the Clock see the following page.)
13. **Function Pads.** Use these to select a microwaving method—either cooking or Hold/Timer. (See following page for brief explanation of each.)
14. **Number Pads.** Touch these to enter Time or Temperature, and Power Level or Auto Code.
15. **Power Level.** To set or change Power Level, touch this pad first, then number.
16. **Start.** Always touch Start last after setting all other controls.
17. **Clear/Off.** Stops the oven and erases all settings except time of day.
18. **Cook Code™ Pad.** Use to set time and power level quickly. Chart helps you select appropriate Code for popular foods. Eliminates looking in Cookbook for cooking times and power level.
19. **Auto Roast Pad.** Use this automatic cooking control for temperature cooking of meats. Temperature Probe must be used during Auto Roast function.
20. **Grease Filters.**
21. **Cooktop Light.**
22. **Hood Controls:**
    Fan Switch. Press once for high and twice for low speed. Press again for off.
    Lamp Switch. Push and release for light.
23. **Model and Serial Numbers.** Located either inside oven at top left side or on bottom lower left corner of case.

Features of Your Micro

The Touch Control Panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using the Cook Code™ or Auto Roast pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

Readout Display. Displays time of day, time or temperature during cooking functions, power level being used and cooking mode.

Temp Cook. Use the temperature probe to cook by using a preset temperature. Oven shows temperature until preset temperature is reached and then turns off. (See page 12.)

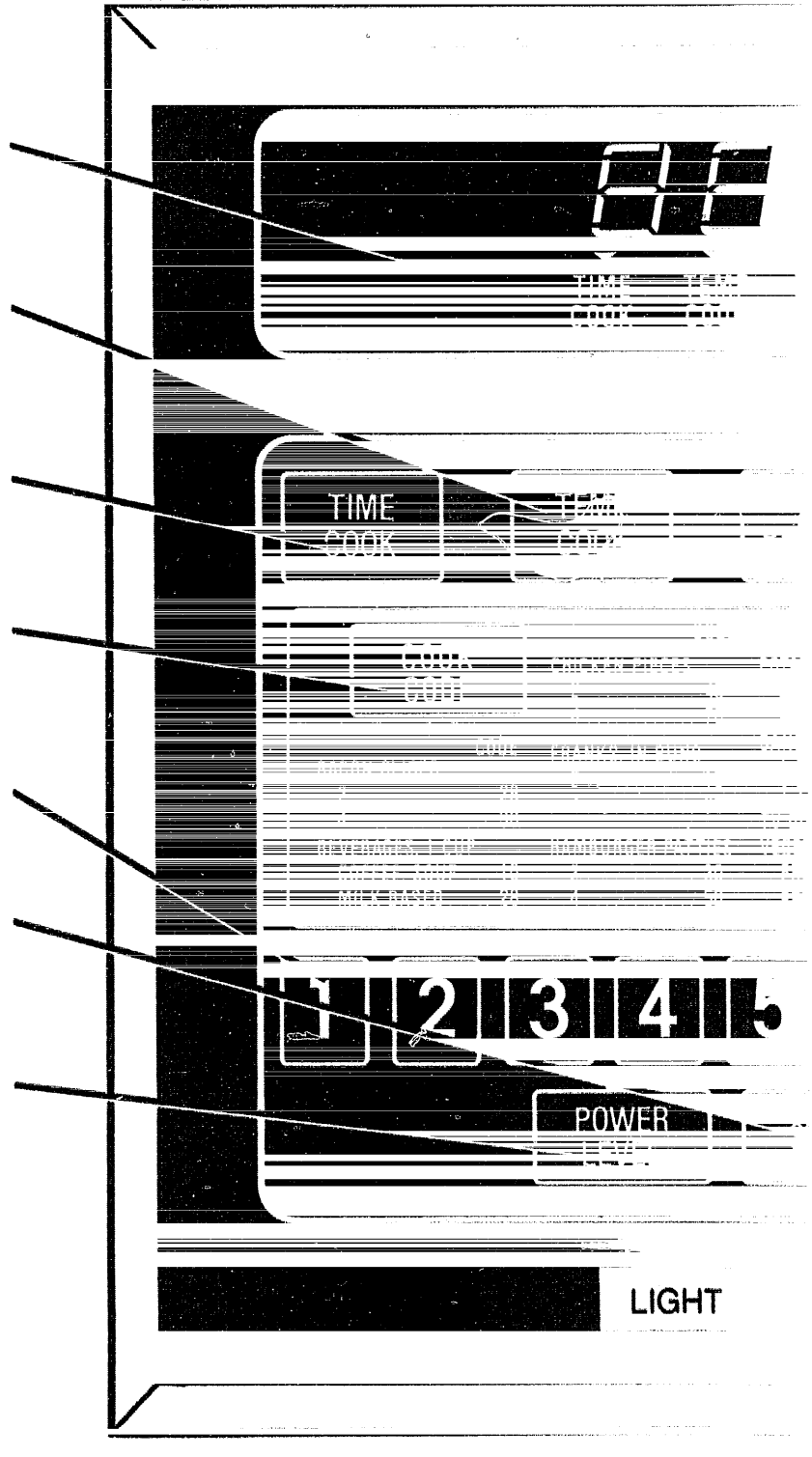
Time Cook. Microwave for a preset amount of time using automatic Power Level 10 or change power level after setting time. (See page 10.)

Cook Code.™ Use this pad as a short-cut method for entering cooking time, and power level. (See page 11.)

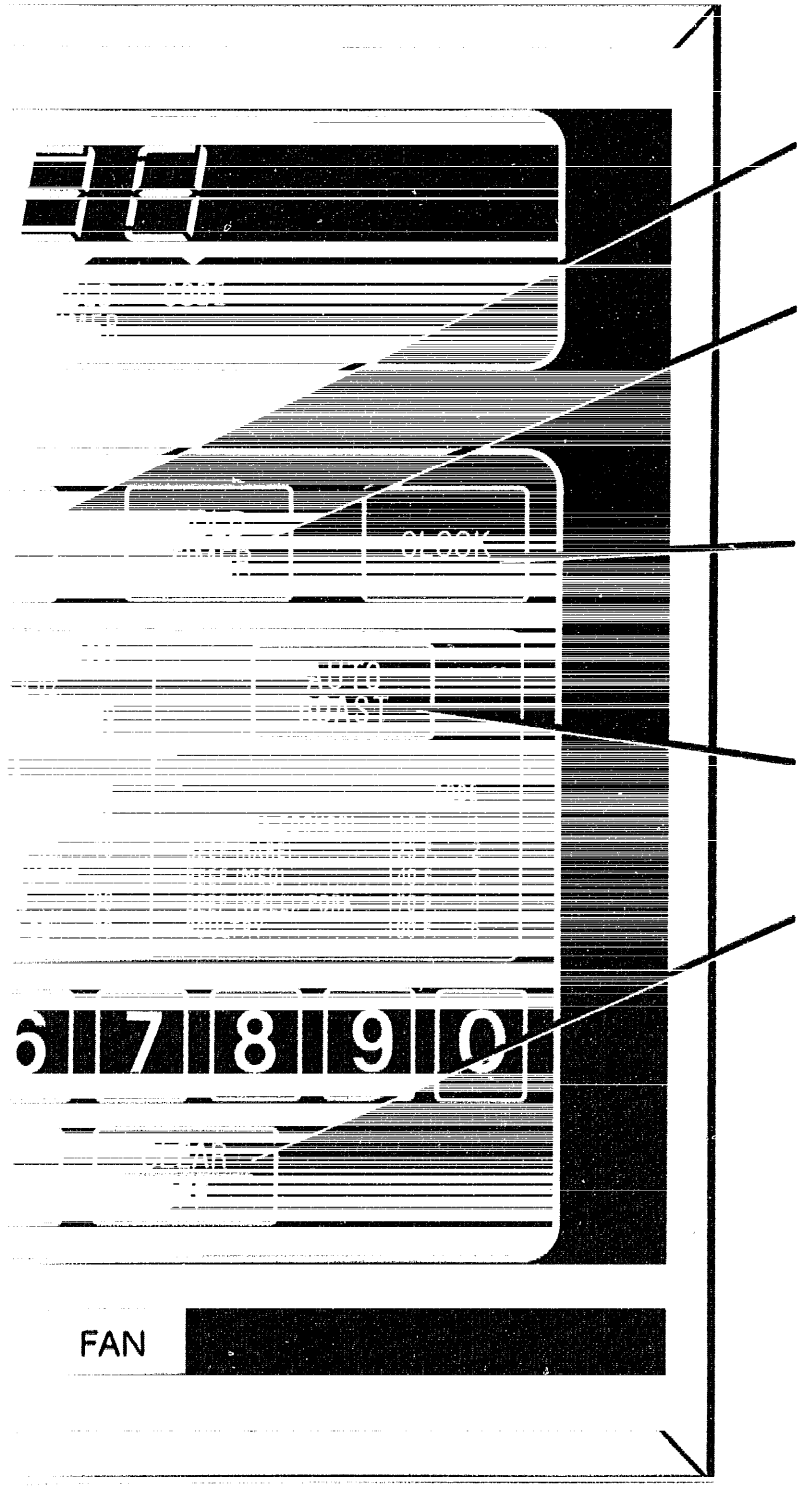
Number Pads. Touch these pads to enter Time, Temperature, Power Level, Cook Code digits, or Auto Roast Code number.

Start. Must touch this pad for oven to begin any functions.

Power Level. Touch this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting. (During cooking, touch this pad to see Power Level being used.)



ve Touch Control Panel



Defrost. Gentle, more uniform thawing with little or no attention at automatic Power Level 3, or change power level after entering time. (See page 11.)

Hold/Timer. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 13.)

Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in readout display. Touch START thus setting the clock. If you wish to reset or change time, simply repeat above process.

Auto Roast. Insert probe, touch this pad, and desired number pad for Code to temperature cook meat with automatic preset program.

Clear/Off. When touched, it stops the oven and erases all settings except time of day.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

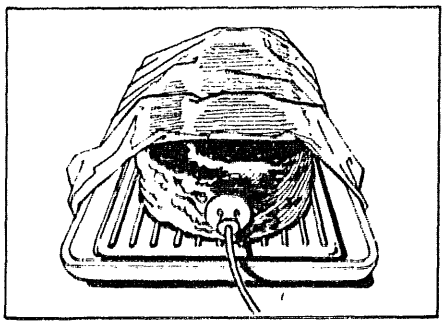
To prevent overheating from taking place, the vent fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

Automatic Roasting

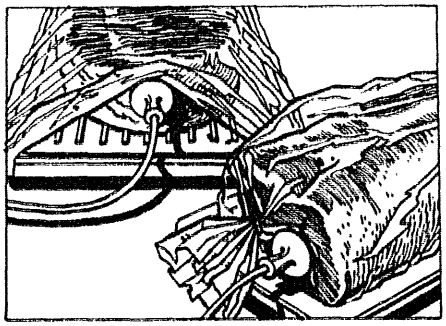
Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

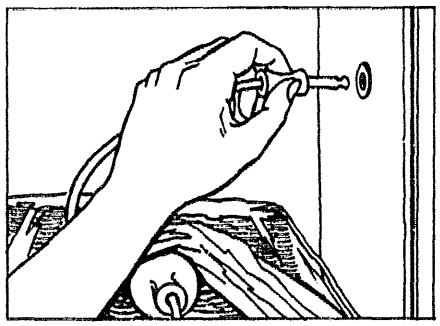
Preparing Roasts for Auto Roasting



Place tender beef roasts on trivet in microwave safe dish. Insert probe from front horizontally into center meaty area not touching bone or fat. Cover with wax paper.

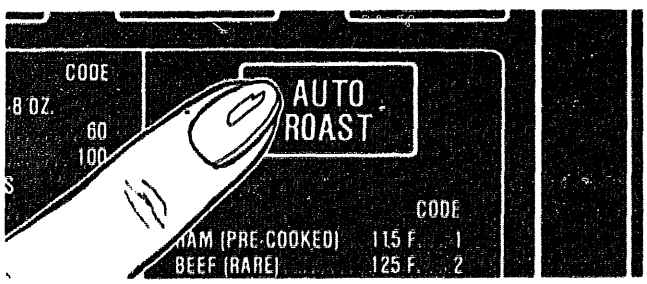


Poultry, pork or ham roasts need no trivet. Add ½ cup water to roast dish, cover with plastic wrap. (For cooking bag method, see cookbook.) Insert probe into center meaty area.

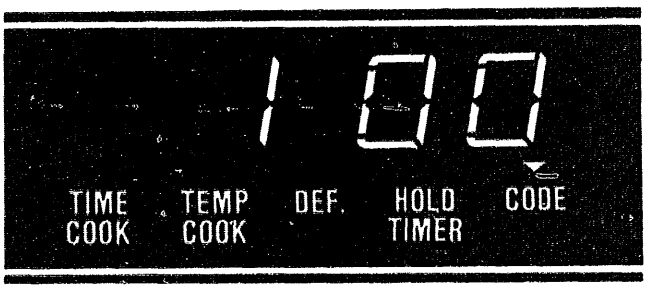


Place meat with probe in oven. Insert cable end of probe firmly into receptacle on oven wall.

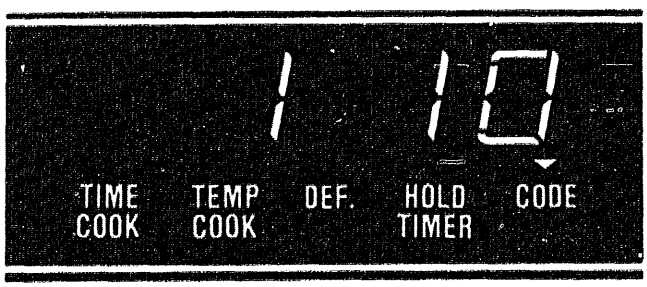
How to Auto Roast Beef to Medium



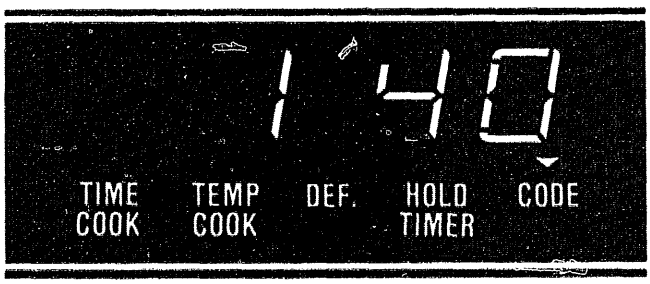
Touch AUTO ROAST Pad. Cooking signal light over Code flashes. Touch number pad 3. Touch START.



Light over Code shows on display. Readout displays internal food temperature.



Oven monitors internal temperature, automatically switching to lower power as meat's temperature rises. This prevents toughening or overcooking.



After temperature is reached, oven signals and then shuts off.

Auto Roast Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- Turn over when 80° (except pork) has been reached.

Food	Code	Turn Over Temp	Final Temp	Approx. Time (Min. per lb.)	Hold* Minutes
Beef					
Tender Roast					
Rare	2	80°	125°	12-14	5-10
Medium	3	80°	140°	14-16	10-15
Well	4	80°	170°	17-18	30
Meatloaf (loaf or round)	4	No Turn Over	170°	30-40	5-10
Pork					
Loin Roast	4	120°	170°	18-20	20
Precooked Ham	1	80°	115°	17-19	5-10
Poultry					
Whole Chicken (3lb.)	5	80°	190°	13-15	20
Whole Turkey (up to 12 lbs.)	5	80°	190°	13-15	20
(Insert probe into meatiest area of inner thigh from below end and parallel to leg.)					
Turkey Breast	4	80°	170°	13-15	20
(Insert probe horizontally into meatiest area.)					

*Recommended standing time before serving.

Questions and Answers

Q. Are there any particular trivets that work better than others?

A. Yes, flat glass trivets such as lids or dish covers give more even cooking results than plastic trivets. Also, ceramic ridge-bottomed roasting dishes work well. Plastic trivets require meat to be turned over more frequently because the grid design and legs allow the bottom of the meat to stay cooler as it cooks, than glass trivets do.

Q. Is it necessary to always cover foods during Auto Roast?

A. No, but a loose covering helps prevent spattering and hold moisture in food.

Q. Why was my roast not fully cooked even though the temperature on the readout was correct and Auto Roast completed?

A. When cooking with Auto Roast, the temperature probe must be inserted properly as fully described in the Cookbook. After turning meat over or rotating, the probe should be checked to make sure it hasn't slipped or changed position.

Q. Last time I used Auto Roast I removed the roast from the oven to turn it over. When I replaced roast in oven and reconnected the meat probe, a lower temperature appeared. Why?

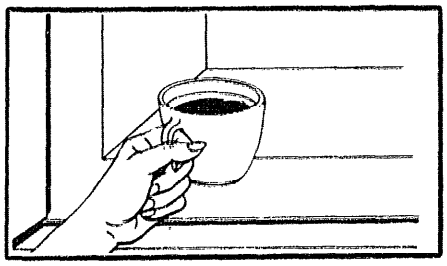
A. The oven and roast may have cooled to below the temperature when you removed it, or probe may have been repositioned. Continue roasting and numbers will soon count upward again.

How to Time Cook

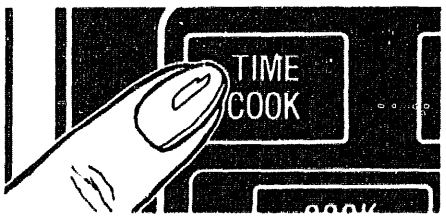
Time Cooking, or cooking your food according to a predetermined amount of time, is probably familiar to you from conventional cooking. With your microwave oven, however, you preset the time and the oven turns off automatically.

Using Your Oven to Time Cook

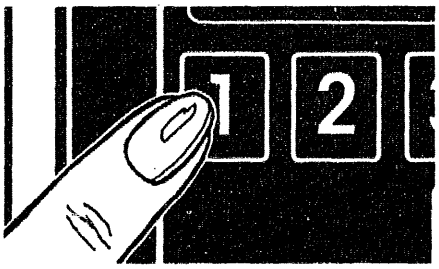
Follow the cooking steps below to help you learn to Time Cook properly.



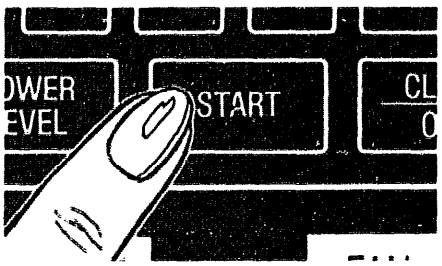
Step 1: Fill a cup 2/3 full of water and 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Touch TIME COOK. The display shows :0. Signal light above TIME COOK flashes. Power Level 10 is automatically set in oven, but does not appear in display.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. 1:20 and signal light above TIME COOK appear on display. If another Power Level is desired touch POWER LEVEL and the number, although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. Time counting down shows on display.

Step 5: When time is up, oven sounds and oven, light, and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I want to cook my dish on a Power Level other than HIGH, what do I need to do?

A. To change the Power Level, touch the POWER LEVEL pad after entering desired cooking time. Enter the desired number and then touch START.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. To resume cooking, simply close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I tried to change Power Level but the display changed back to cooking time. Why?

A. After touching Power Level pad you only have 4 seconds to enter the number. Try setting controls again.

Cook Code™ & Defrost Controls

COOK CODE How to Use Cook Code™ Control

Cook Code™ is a short-cut control for entering time and the Power Level on your microwave oven. Be sure to check your Cookbook for specific codes for specific recipes.

To understand the Cook Code control, it is important to know what the numbers mean and what the sequence is. The first and second numbers, if setting a 3 digit Cook Code, indicate the amount of time you desire; the last control entry number is always the Power Level. For example, 125 means 12 minutes at Power Level 5. NOTE: Your oven can only be programmed to 99 minutes when using the Cook Code control and the highest Power Level is 10 which is represented by "0". When setting a 2 digit Cook Code control entry, the first is time, the second is power level.

Step 1: Touch COOK CODE. Signal light above Code flashes.

Step 2: Enter the proper code into Cook Code control. For example, a recipe calling for 12 minutes cooking time at Power Level 10 would be 120. 120 appears on the display.

Step 3: Touch START. Signal light above TIME COOK shows as well as time counting down on display.

How to Defrost

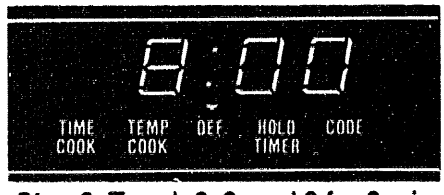
DEFROST

The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven, making defrosting quick and easy with little attention. Power Level 3 is automatically set for defrosting, but you may change this for more flexibility. See your Cookbook for the complete defrosting chart.

To become better acquainted with your Defrost function, defrost frozen pork chops by following the steps below.

Step 1: Place package of frozen chops in the oven and close door.

Step 2: Touch DEFROST. Display reads :0. Power Level 3 is automatically set in oven but does not appear on readout. Signal light above DEF. flashes.



Step 3: Touch 8, 0, and 0 for 8 minutes. 8:00 and signal light above DEF. are displayed. If you wish to change Power Level, touch Power Level pad and then new number.

Step 4: Touch START. Time counts down on display. When cycle is completed, the oven signals and automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2, 3 and 4.

Step 6: When oven signals and shuts off, remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, many foods need to be turned over, rotated, or broken up part of the way through the defrosting time.
- Pre-packaged frozen dinners can be defrosted and microwave cooked.
- Check your Cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a Power Level lower than HIGH.

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level after entering the time by touching POWER LEVEL and 7 or 10. Power Level 7 cuts the time in ½; Power Level 10 cuts the time to ⅓. During either, rotate or stir food frequently.

Q. Can I open the door during DEFROST to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Why don't the defrosting times in the Cookbook seem right for my food?

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, re-set your oven and adjust the time accordingly.

Q. When I enter a fourth digit using Cook Code control, nothing happens. What went wrong?

A. The oven will take only 2 or 3 numbers. If more are pressed, oven does not respond. Touch Clear/Off and begin again.

Q. Can I select a Power Level other than automatic Power Level 3 for defrosting?

A. Yes. Some smaller foods may be defrosted quicker on higher Power Levels but for even, carefree defrosting, Power Level 3 is suggested. Check the chart in the Cookbook for specific times and Power Levels.

How to Temp Cook

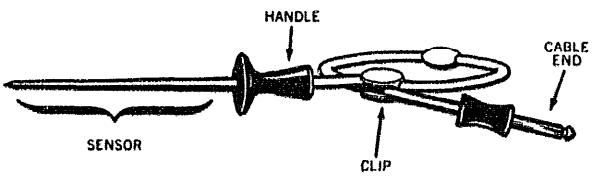
For many foods, internal temperature is the best test of doneness.

Roasts or poultry are cooked to perfection when temperature cooking. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

TEMP COOK takes the guesswork out of cooking because the oven shuts off automatically when the food is done.

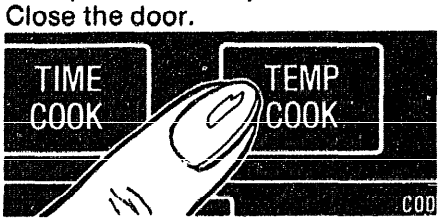
The Temperature Probe

The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using TEMP COOK or AUTO ROAST. To utilize your temperature probe properly, follow the directions for use and insertion in this book in the section entitled "Automatic Roasting".

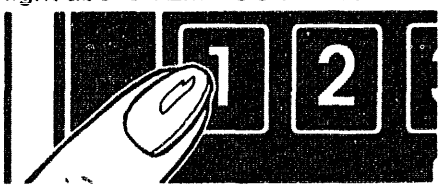


How to Temp Cook a Rolled Beef Rib Roast to Medium

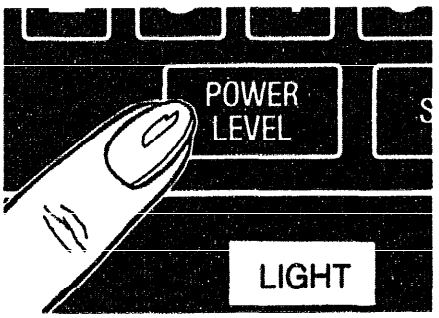
Step 1: Insert temperature probe as directed in Cookbook and attach probe securely in oven wall. Close the door.



Step 2: Touch TEMP COOK. The readout display shows 0 and signal light above TEMP COOK flashes.



Step 3: Touch 1, 3, 0 or 130°. 130 shows on display. Power Level 10 is automatically set in oven but does not appear on display.



Step 4: Touch POWER LEVEL pad. Touch 5 for MEDIUM power. P-5 shows on display and then display reverts back to set finished temperature.

Step 5: Touch START. Display shows temperature of food counting up.

Step 6: When 130° is reached, the oven sounds and automatically shuts off. Remove probe and food from the oven.

Cooking Tips

- Where you have a choice of Power Levels, use a lower setting; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.
- Insert probe as horizontally as possible into foods as directed in the recipes. Make sure the handle does not touch the food. The probe is easiest to use when inserted from the front.
- Use the clip to keep the probe in place while heating.
- Cover foods as directed in Cookbook for moisture control and quick, even heating.

Questions and Answers

Q. Are there any foods I can't TEMP COOK?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters and doughs as well as frozen foods are also difficult to cook precisely with the probe. It is best to TIME COOK these foods.

Q. After I followed the steps and touched START, a signal sounded and oven did not start. What is wrong?

A. If you set the temperature either below 80° or greater than 199° the oven will not start. To re-enter, touch CLEAR/OFF pad and begin steps again.

Q. Oven sounded and would not start although I entered the temperature correctly. What is wrong?

A. If you have not securely seated the end of the probe into the receptacle in the oven wall, if you touch TEMP COOK and have forgotten to use the probe or if the actual food temperature is higher than set temperature, oven will sound and not start.

Q. Can I leave my probe in the oven if it's not inserted in the food?

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven.

Q. How do I know what temperature to set?

A. Your Cookbook contains sections on all types of foods showing the temperatures needed to cook the foods to different degrees of doneness. For reheating, refer to Reheating Charts in the front of the Cookbook for specific temperatures.

How to Use the Hold/Timer

Your HOLD/TIMER, which operates without microwave energy, has three timing functions.

It operates as a Minute Timer, it can be set to delay cooking or may be used as a hold setting after defrosting. Hold/Timer can be set up to 99 minutes.

Step 1: Touch HOLD/TIMER pad. The display shows :0. Signal light above HOLD/TIMER flashes.

Step 2: Select the amount of time you desire. Touch the appropriate number pads. If, for example, you are timing a three minute phone call, touch 3, 0, and 0. The display shows 3:00.

Step 3: Touch START. The readout display shows the time as it counts down.

Step 4: When time is up, a signal sounds and the timer turns off.

The HOLD/TIMER can also be used to program "standing time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or Cookbook.

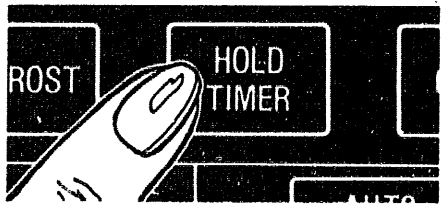
To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time, then set Time Cook and time, or Temp Cook and temperature desired before pressing START. When holding before temperature cooking, be sure probe is in food before pressing START.

How to Defrost—Hold/Time—Time Cook

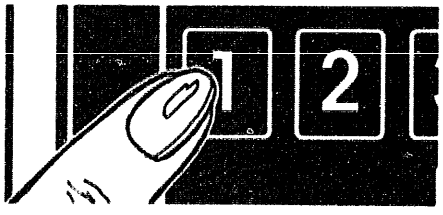
To help you become acquainted with the HOLD/TIMER feature as used with Time Cook or Temp Cook follow Steps below to defrost a frozen casserole for 15 minutes, then hold 10 minutes and then cook 25 minutes. If using Temp Cook after Hold/Timer, be sure to insert probe correctly as shown in Temp Cook section of this book, after HOLD time.

Step 1: Remove casserole from the freezer and place in oven. Touch the DEFROST pad. The display shows :0 and signal light above DEF. flashes.

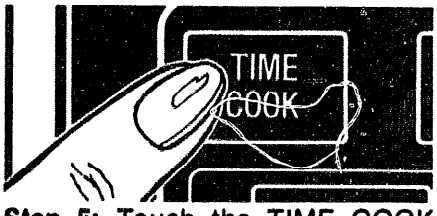
Step 2: Touch 1, 5, 0 and 0 for defrosting time. 15:00 appears on readout display. (Defrosting is automatically set on Power Level 3 but can be changed by touching POWER LEVEL pad and the new Power Level .)



Step 3: Set standing or hold time by touching HOLD/TIMER. :0 appears on display. Signal light above HOLD/TIMER flashes.



Step 4: Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display.



Step 5: Touch the TIME COOK pad. The display shows :0 and signal light above TIME COOK flashes.

Step 6: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. 25:00 appears on display.

Step 7: Touch START. 15:00 counting down shows on display. As each function is automatically performed oven display shows entered information and light above that function comes on. While cooking, you may touch appropriate pad to recall times you set.

Questions and Answers

Q. What will happen if I accidentally reverse the instructions?

A. If you accidentally reverse the sequence of programming instructions, your oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

Q. Can I Defrost-Hold only on my oven?

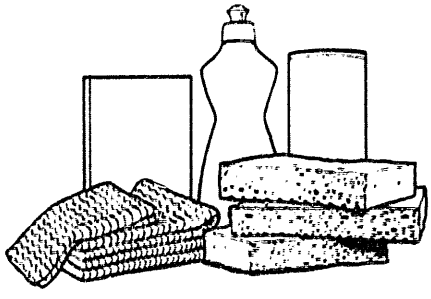
A. Yes, for foods you don't want to cook, like frozen fruit, frozen whipped topping, etc.—refer to Cookbook.

NOTE: Allow foods to remain at room temperature only as long as safe. Times will vary.

Care for Your Microwave Oven

Your New Microwave Oven is a Valuable Appliance, Protect It From Misuse By Following These Rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The interior and exterior oven walls can be scratched. The control panel can be damaged.
- **Don't remove the antenna cover** at the top of the oven (microwave feature 4 on page 5). You will damage the oven.



BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and plastic cover. Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry. Do not use abrasive cleaners on oven walls. NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Door-Inside. Glass: Wipe up spatters daily, wash when soiled, with a minimum of sudsy warm water. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY MAY MAR THE SURFACE.

Special note when using Brown 'N Sear Dish: High heat generated on bottom of Brown 'N Sear Dish can cause scorched appearing stains to bake onto the oven floor if grease is present. These may be removed with Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

Automatic Temperature Probe. Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. (Or wash in dishwasher.)

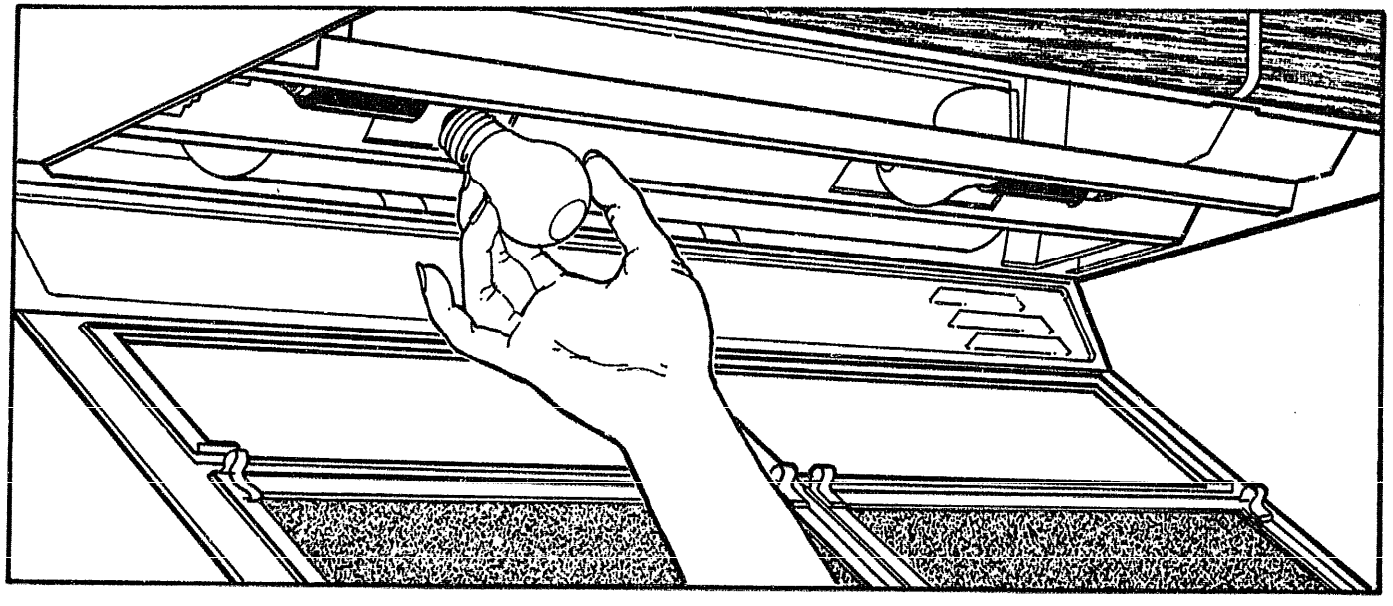
How to Clean the Outside

Case. Clean the outside of your oven with soap and damp cloth, then rinse and dry. The outer pane of the window is glass. Just wipe clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

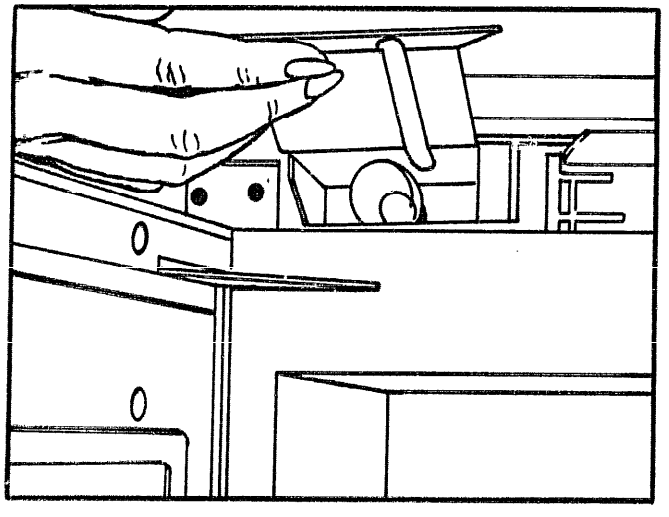
Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use abrasives or sharp objects on the panel. They can damage it.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse and dry thoroughly before plugging cord into outlet.

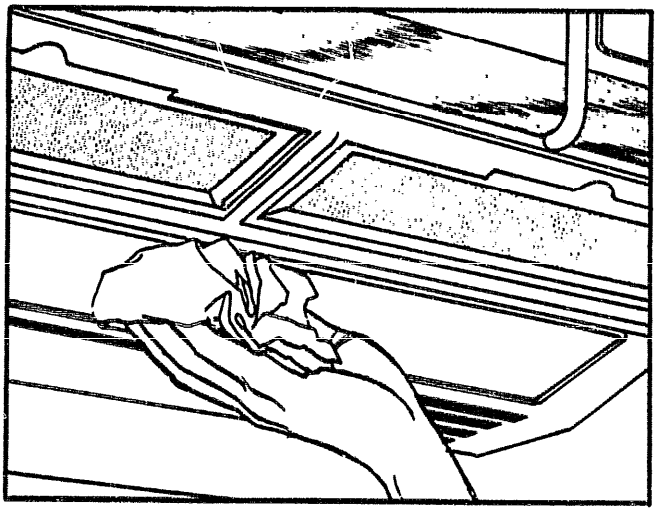


To replace hood lamp, first **disconnect power at main fuse or circuit breaker panel or pull plug.** Remove 2 screws from each side of lower panel and 3 screws from front edge. Lower panel until it rests on range below. Be sure bulb to be replaced is cool before removing. Remove bulb or bulbs and replace with 40 watt appliance bulbs. Raise lower panel and replace screws. Connect electrical power to microwave oven.



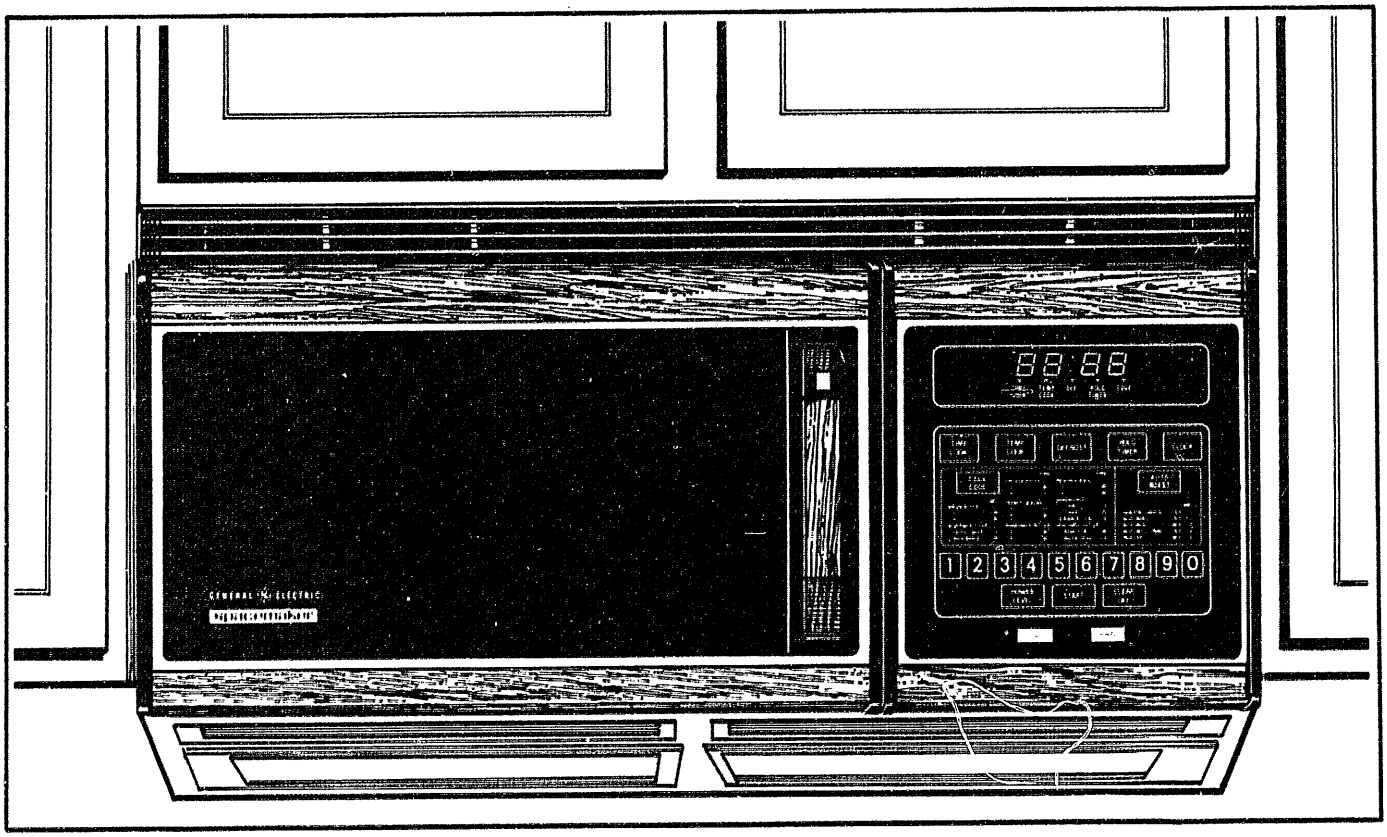
To replace your oven lamp, first **disconnect power at main fuse or circuit breaker or pull plug.** Remove the top grill by taking off 2 screws which hold it in place. Next, remove the single screw on top left that secures lamp housing. (On models so equipped.) Open oven door for easier removal of the lamp housing assembly. Then grasp tab and pull out and up to clear door hinge and front lip of oven. To remove bulb, push it inward gently and turn to left, then pull outward from socket. Replace with GE Lamp #25T8DC.

Do not attempt to operate the oven unless the grill is in place.

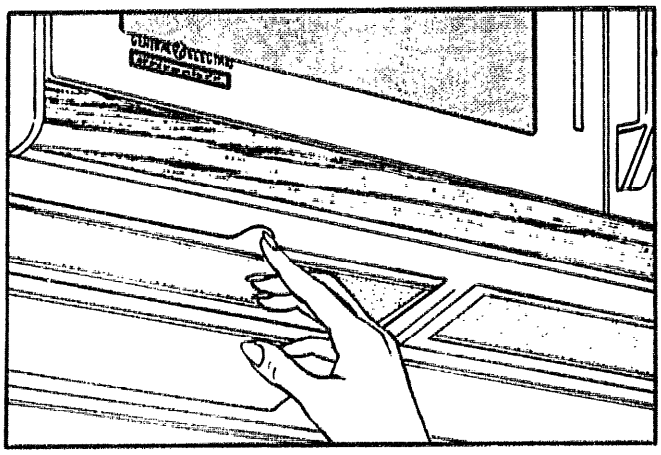


Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

The Exhaust Feature

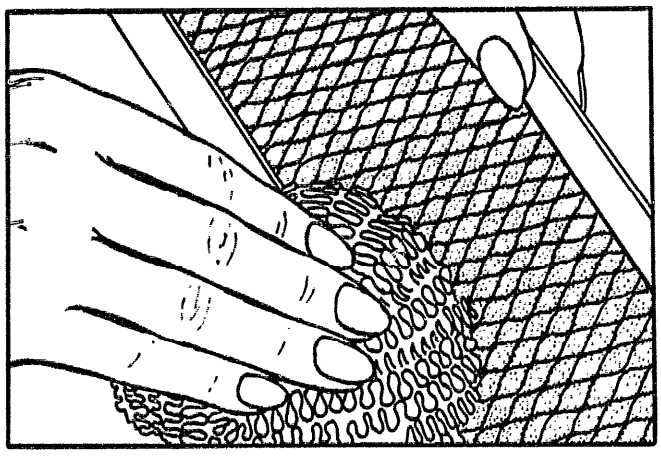


The exhaust hood feature on your GE microwave oven is equipped with a metal filter which collects grease. When the fan is operated, air is drawn up through the filter and is then discharged through provided venting to the outside. The hood also has a light for illuminating the counter surface.



To remove grease filter, grasp the "finger hold" on the filter and push to the rear. The filter will drop out.

To replace grease filter, insert the filter in the **top** frame slot on the back of the opening. Push to the rear and upward to snap into place.



Soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. **Filters should be cleaned at least once a month. Never operate your hood without the filter in place.** In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.

The Problem Solver

Save time and money. . .before you call for service, check the following:

Oven Will Not Come On:

- Main circuit breaker is tripped.
- One of house fuses has blown.
- 3-prong plug isn't fully inserted into wall receptacle.

Control Panel Lighted, Yet Oven Will Not Start:

- Make sure you touched START button.
- Door is not securely closed.
- You have already entered another program and not touched CLEAR/OFF to cancel it.
- Temperature Probe not inserted properly or not being used during Auto Roast or Temp Cook.
- You have not entered numbers after Time Cook.
- You have not entered desired finished temperature after Temp Cook.
- CLEAR/OFF was touched accidentally.
- After touching Cook Code™ or Auto Roast pads, no code number was entered.

Foods Are Either Overcooked or Undercooked:

- Not enough time set when using Time Cook function because of variance of starting food temperatures.
- The density and amount of foods will vary and thus may need more time for completion.
- Probe not inserted properly into meat or dish. Check Cookbook and Auto Roast section in this book for specific probe placement.
- Incorrect Cook Code numbers entered.
- Incorrect Power Level entered.
- Dish was not rotated, turned or stirred if these instructions were given in recipe.
- Too many dishes in oven at same time.
- You did not enter a different Power Level as suggested in recipe.

"PF" Appears On Readout:

- When oven is first plugged in.
- When power to oven has been interrupted, and then is resumed. Touching CLEAR/OFF erases "PF" and clock must be reset.

All These Things Are Normal on Your Microwave Oven:

1. Steam or vapor escaping from around the door.
2. Light reflection around door or outer case.
3. Dimming oven light and change in blower sound may occur while operating at power levels other than high.
4. Dull thumping sound while operating at power levels other than high.
5. Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

WARNING—Improper use of the grounding plug can result in a risk of electric shock.

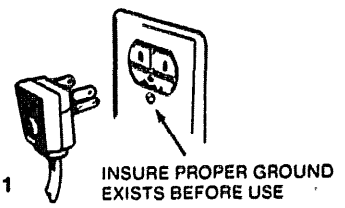


Fig. 1

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do Not Under Any Circumstances Cut or Remove the Third (Ground) Prong From The Power Cord.

Do Not Use an Adapter Plug With This Appliance.

Do Not Use an Extension Cord With This Appliance.

YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave oven/range*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center™
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, contact:
Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225

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12/84

GENERAL ELECTRIC

Consumer Services

At General Electric we're committed to providing you with the best appliances we know how to build and we know that you want your appliances to give you many years of dependable service.

Our Consumer Services are designed with your needs and wants in mind.

1. Warranty Protection

Before your new appliance left the factory, it went through rigorous tests to detect manufacturing defects.

And you have a written warranty to protect you. See the warranty on the back page of this book for details.

2. Convenient Service

Whether your appliance is in or out of warranty, you're just a phone call away from our nationwide network of Factory Trained Service professionals.

Simply call our GE service organization. Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

Service can normally be scheduled at your convenience and the technician drives a fully-stocked parts service truck so that, in most cases, the repair can be completed in one visit.

We're proud of our service and want you to be pleased, but if for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased write all the details—including your phone number to:

Manager, Consumer Relations
General Electric
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

3. Service Contracts

For trouble-free service beyond the written warranty period.

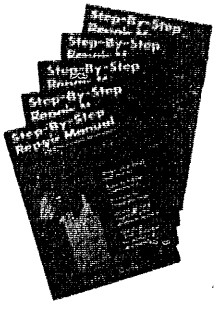
If you prefer to budget your repair expenditures instead of being surprised by them, GE offers service contracts for varying lengths of time on all GE major appliances. With a contract, we'll keep your appliance in good operating condition during the contract period at no additional charge.

Service contracts let you pay today's prices for service a month, a year, or several years from now. And, you'll receive service from GE trained service technicians using only genuine GE parts. If you have any questions about Service Contracts, call *TOLL-FREE* 800.626.2224. (In Kentucky, call 800.292.2057.)

4. The Quick Fix® System

You can save money and time by doing it yourself.

For do-it-yourselfers who would prefer to fix GE major appliances themselves ... GE offers an industry first, the Quick Fix® System.



A program for do-it-yourself appliance repair, the system includes *step-by-step repair manuals* for refrigerators, most non-microwave electric ranges, dishwashers, and standard and large capacity washers and dryers, plus *specially packaged replacement parts,* and technical help with a *toll free 800 number.*

5. Help For You By Phone

Should you need help in the selection and purchase of new appliances, or have questions about the operation of the GE appliances you now own—or have *any* other questions about GE consumer products or services, you are only a *TOLL FREE* call away.

The GE Answer Center™ consumer information service is open 24 hours a day, seven days a week.

Our staff of experts stands ready to assist you anytime.

Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

Cook Code™ Guide

Detach and Tape to Inside Cabinet Door or Other Prominent Place

The Cook Code™ feature gives you an easy automatic way to accurately set microwave time for foods requiring only one power level and little attention during cooking. The Chart below shows frequently prepared foods and the suggested Cook Codes to use with each. For specific information on stirring, turning or rotating, check the Microwave Guide and Cookbook which comes with your microwave oven. Always use microwave-safe containers and microwave techniques as described in the Cookbook.

To set Cook Codes for many other foods or recipes refer to page 11 in this *Use and Care Book*. Cook Codes given are for minimum time. Check and add time if necessary to complete cooking.

FOOD	COOK CODE
Appetizers (Warming)	
Dip (Cream Cheese)	
½ Cup	25
1 Cup	45
Dips (Sour Cream)	
½ Cup	13
1 Cup	43
Pastry Bites (Reheating)	
2 Servings	17
4 Servings	10
Breads and Desserts	
Apples	
(2)	40
Bran Muffins	
(5-6)	37
Brownies (Mix)	60
Cakes (Mix)	
(16 cup fluted mold)	110
Cheese Bread, Yeast	
(1 loaf)	105
Chocolate Chip Bars	50
Nut Bread (Mix)	
(1 loaf)	97
Pudding Mix (3 oz. pkg.)	60
Beverages	
Coffee, Soup	
(1 Cup)	10
Milk Bases	
(1 Cup)	27
Frozen Foods (Defrost)	
Note: Times given below are for entire defrost cycle. Usually food must be rotated, broken up or turned over while defrosting. Check Cookbook for specific information.	
Cake, Whole Iced	23
Chicken, Cut-Up	
(2½-3½ lbs.)	143
Dessert Topping, Whipped	13
Doughuts or Pastries	
(2-4)	13
Fish Fillets	
(1 lb.)	83
Hamburgers	
(2 lbs.)	123
Pie, Fruit Filling	
(Whole)	83
Roast	
(4-5 lbs.)	403
Steak or Chops	
(2 lbs.)	83

FOOD	COOK CODE
Meats/Main Dishes	
Bacon	
2 Slices	28
4 Slices	30
Beef Stew	
(2 lbs.)	607
Chicken	
8-10 pieces	108
2 pieces	40
4 pieces	70
Chuck Roast	
(3 lbs.)	605
Eggs, Baked	
2 Eggs	25
Eggs, Scrambled	
2 Eggs	20
Entrees, Frozen	
8 oz.	50
16 oz.	110
2 lbs.	200
Fish Fillets	
(1 lb.)	60
Franks (in bun)	
2	10
4	30
Meat Loaf	
(1½ lbs.)	150
Sausage (Raw)	
4 Patties	30
4 Links	20
Swiss Steak	
(2 lbs.)	706
Frozen TV Dinner	
(10 oz.)	107
Vegetables (Fresh)	
Beans, Green	
(1 lb.)	150
Broccoli	
(1¼-1½ lbs.)	
Spears	157
Cut	120
Cauliflower, Head	137
Corn on Cob	
(4)	120
Potatoes	
(4)	120
Squash	
(1 lb.)	100
Zucchini	
(1 lb.)	100
Vegetables (Frozen)	
10 oz. pkg.	70